

# "Music for the Mind, Body and Soul"



Asian Community Alliance, Inc.  
The Greater Cincinnati Music & Wellness Coalition  
Present

"3<sup>rd</sup> Health & Wellness Program"

March 20, 2010 (Saturday)

11:30am to 2pm

@ Bethesda North Hospital

[Golder Room/Center (take elevator to 2nd Floor), Bethesda North Hospital  
10500 Montgomery Road Cincinnati, OH 45242]

LUNCH is FREE of Charge

**All Asian community members** are invited to HealthRHYTHMS Drum Circle.

Please join and enjoy this "enjoyable, accessible, and fulfilling music-making experience" that is sure to bring joy and happiness. Furthermore, this experience will alleviate stress that comes from boredom, loneliness, and illness.

This time will also allow you to socialize with other Asian Community Members and make new friends.

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